

# SETUP AND TIMING

TRACK: \_\_\_\_\_ DATE: \_\_\_\_\_ EVENT: \_\_\_\_\_

	FRONT	REAR	<u>LAP TIMES</u>
Ride height			1 _____
Preload			2 _____
Rebound			3 _____
HS compression			4 _____
LS compression			5 _____
Fork oil			6 _____
Oil level/Gas pressure			7 _____
Spring rate			8 _____
Rider sag			9 _____
Free sag			10 _____
Tire size/compound			11 _____
Tire pressure			12 _____
Gearing			13 _____
			14 _____
			15 _____
			16 _____
			17 _____
			18 _____
			19 _____
			20 _____
			21 _____
			22 _____
			23 _____
			24 _____
			25 _____
			26 _____
			27 _____
			28 _____
			29 _____
			30 _____

NOTES